

NOTE:
Please read all instructions
carefully before using this
product

Safety Notice

Hardware Identifier

Assembly Instruction

Parts List

Warranty

Ordering Parts

Model
PHC 710

Retain This
Manual for
Reference

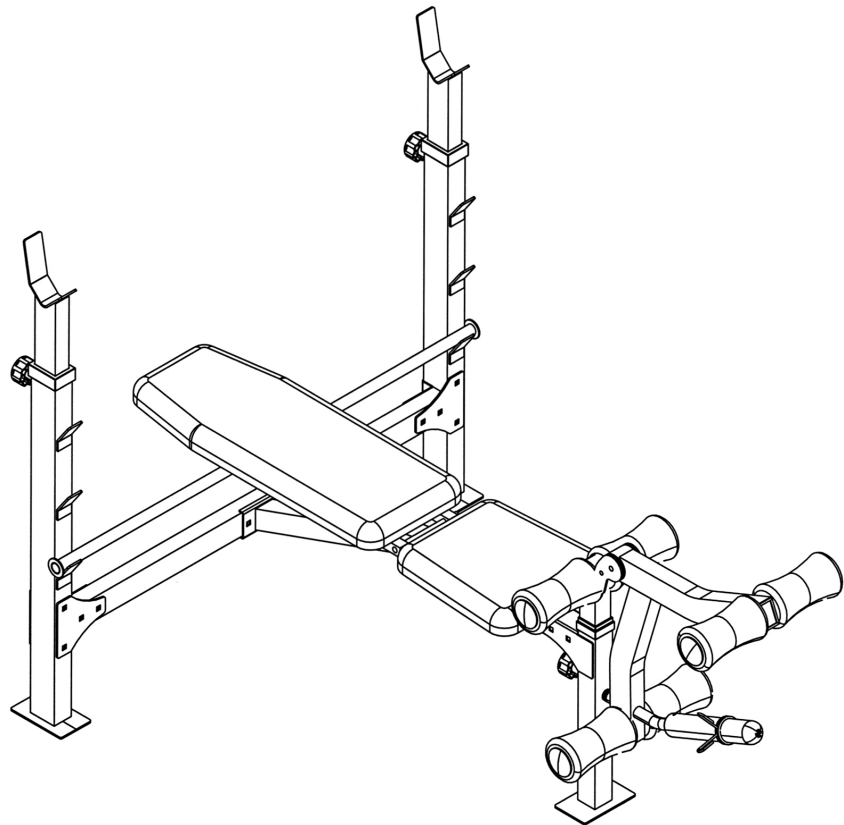
07-17-01

OWNER'S
MANUAL

IMPEX
FITNESS PRODUCTS

POWERHOUSE CLUB

PHC 710



IMPEX FITNESS PRODUCTS

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BEFORE YOU BEGIN

Thank you for selecting the POWERHOUSE PHC 710 by IMPEX FITNESS PRODUCTS. For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to provide you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, we guarantee you complete satisfaction through direct assistance from our factory. To avoid unnecessary delays, *please call our TOLL-FREE customer service number.* Our Customer Service Agents will provide immediate assistance to you.

Toll-Free Customer Service Number

1-800-999-8899

Mon. - Fri. 9 a.m. - 5 p.m. PST

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IMPORTANT SAFETY NOTICE

PRECAUTIONS

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.
12. A spotter is recommended during exercise.

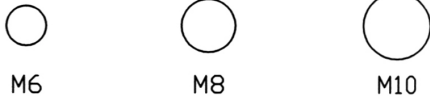
WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. IMPEX INC. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

SAVE THESE INSTRUCTIONS.

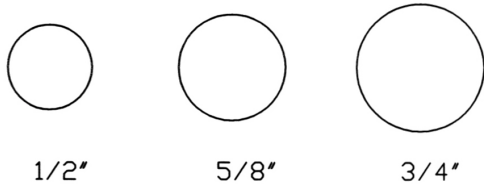
HARDWARE IDENTIFIER

PLACE WASHER, END OF BOLT, OR SCREW ON CIRCLE TO CHECK FOR CORRECT SIZE.

MILLIMETERS



INCHES



REPLACEMENT PARTS

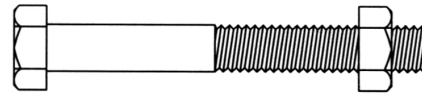
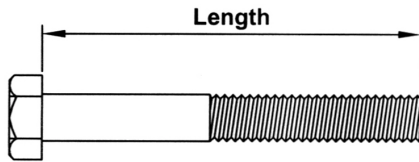
Thank you for purchasing IMPEX product. Although we go to great effort to ensure the quality of our products, Occasionally errors or omissions occur. Should you find either a defective or missing part in this product, Please contact us for a replacement at the telephone number.

QUESTION ?

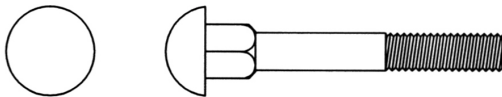


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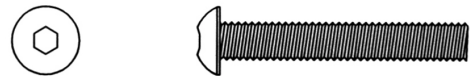
NOTE: When installing a Aircraft Nut (also called Nylon or Lock Nut), Please use two adjustable wrenches to tighten down the Nut. Hold down the Bolt with one wrench, and use the other wrench to turn the Nut clockwise.



HEX HEAD BOLT



CARRIAGE BOLT



ALLEN BOLT



AIRCRAFT NUT



FLAT WASHER

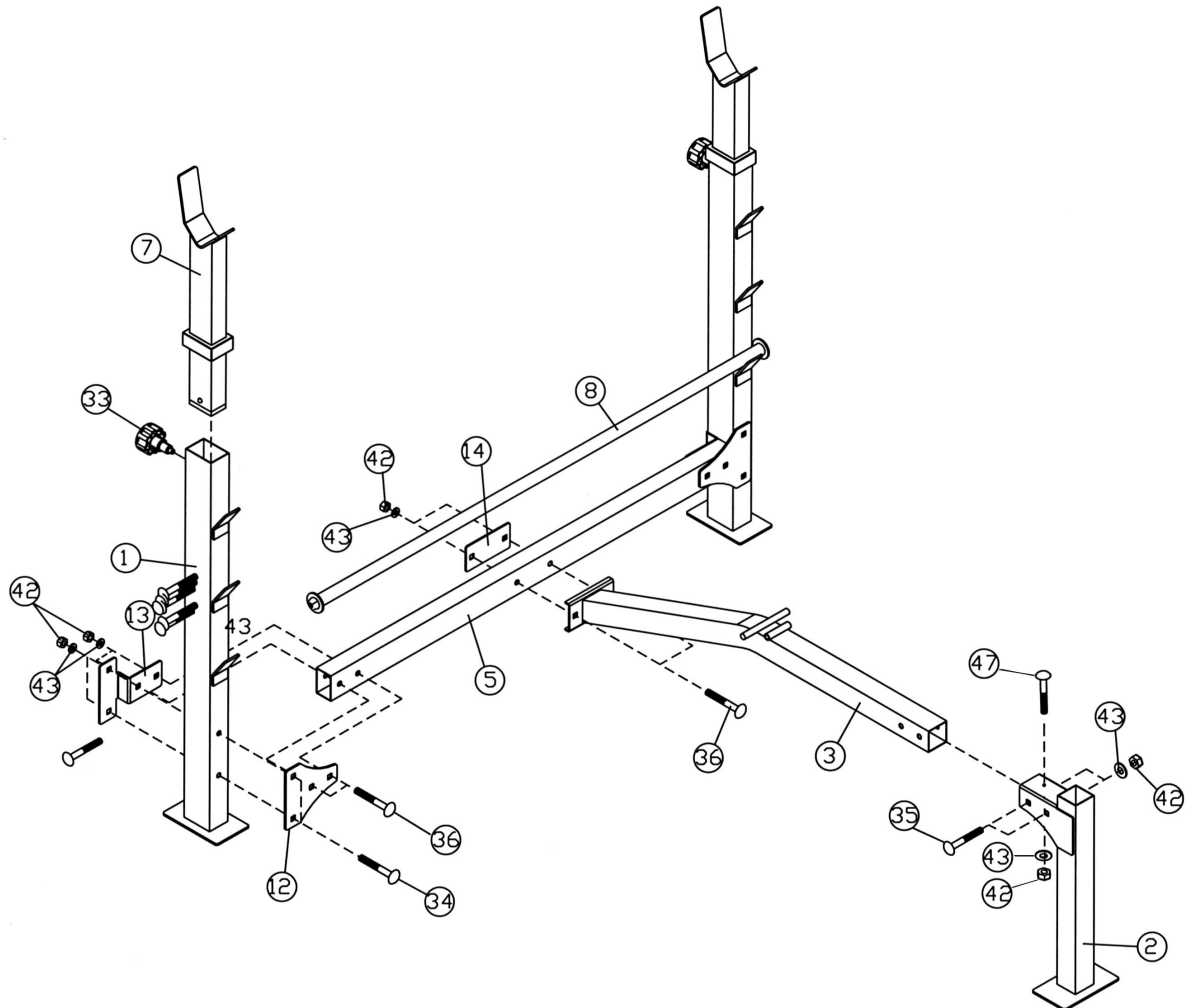
ASSEMBLY INSTRUCTION

Tools Required to Assemble the Machine: Two Adjustable Wrenches and Allen Wrenches. NOTE: It is strongly recommended this machine to be assembled by two or more people to avoid possible injury.

STEP 1 (See Diagram 1)

- A.) Connect the Rear Upright Beams (#1) by a Cross Brace (#5) in the mid-span. Align the holes and secure them with one Triangle Bracket (#12), one Bent Bracket (#13), two M10 x 3 1/2" Carriage Bolts (#34), two M10 x 2 3/8" Carriage Bolts (#36), four \varnothing 3/4" Washers (#43), and four M10 Aircraft Nuts (#42) on each end of the Cross Brace.
- B.) Attach the Front Stabilizer (#2) to the front of the Main Seat Support (#3). Secure it with one M10 x 2 1/2" Carriage Bolt (#47), two M10 x 2 3/4" Carriage Bolts (#35), \varnothing 3/4" Washers (#43), and M10 Aircraft Nuts (#42).
- C.) Attach the back of the Main Seat Support (#3) to the Cross Brace (#5). Secure it with one Bracket (#14), two M10 x 2 3/8" Carriage Bolts (#36), \varnothing 3/4" Washers (#43), and M10 Aircraft Nuts (#42).
- D.) Insert two Crutches (#7) into the top openings on the Upright Beams. Secure them with two Lock Knobs (#33) through selected holes to obtain desired height of the Supports.
- E.) Place Backrest Adjustment Bar (#8) between the two Upright Beams on the selected bar holder to obtain desired incline of Backrest.

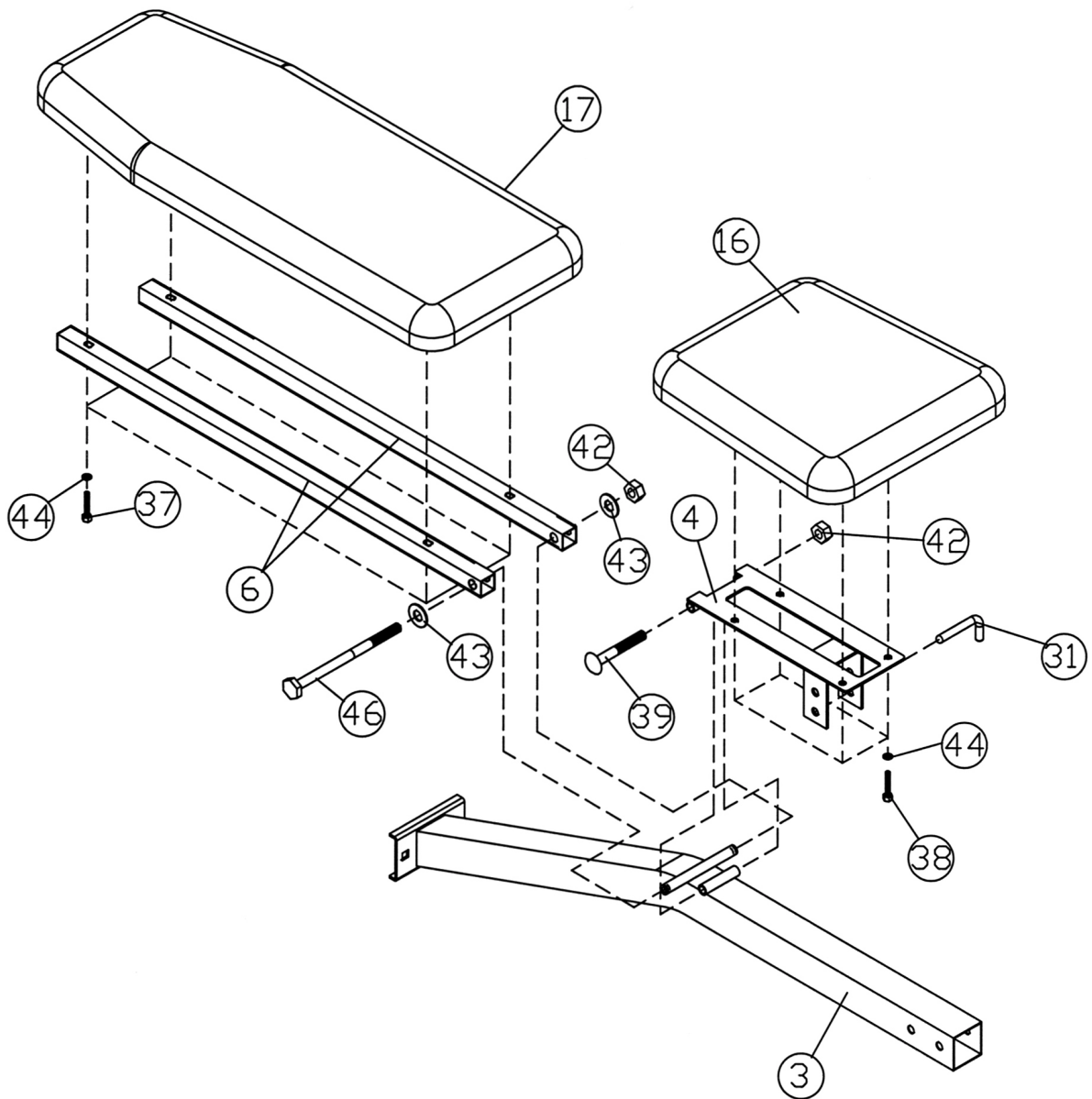
DIAGRAM 1



STEP 2 (See Diagram 2)

- A.) Attach the Seat Bracket (#4) to the short pivot tube on the Main Seat Support (#3). Secure it with one M10 x 4 3/4" Allen Bolt (#39) and M10 Aircraft Nut (#42). Place the Seat Pad (#16) onto the Seat Bracket (#4). Secure it with four M6 x 5/8" Philips Head Screws (#38) and \varnothing 1/2" Washers (#44). Insert a L-shaped Pin (#31) into the selected hole on the Seat Bracket to obtain the desired incline of the Seat.
- B.) Attach the side-holes of Backrest Supports (#6) to the long pivot tube on the Main Seat Support (#3). Secure it with one M10 x 7 1/4" Hex Bolt (#46), two \varnothing 3/4" Washers (#43), and one M10 Aircraft Nut (#42). Place the Backrest Board (#17) onto the Backrest Supports (#6). Secure it with four M6 x 1 3/8" Philips Head Screws (#37) and \varnothing 1/2" Washers (#44).

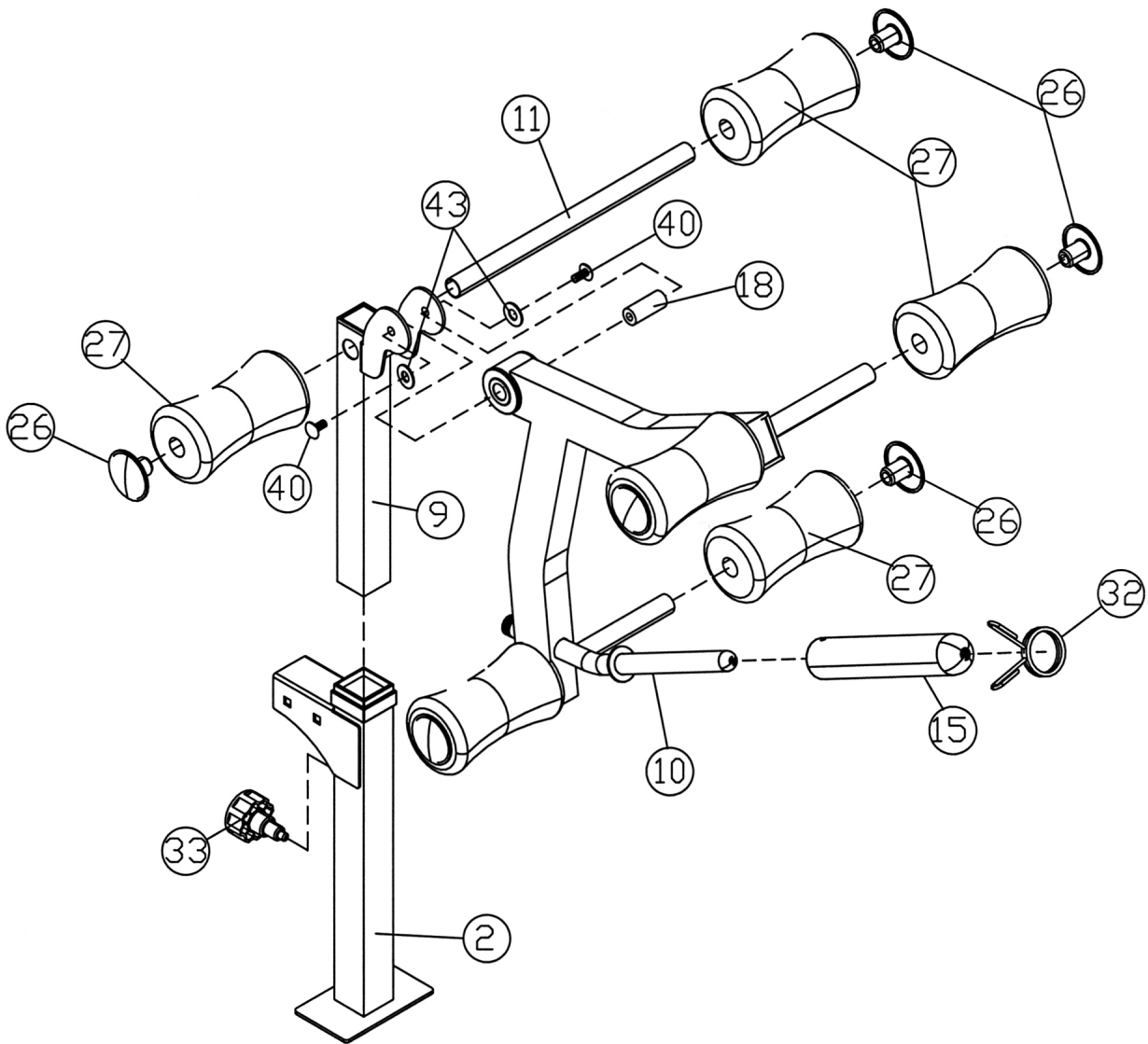
DIAGRAM 2



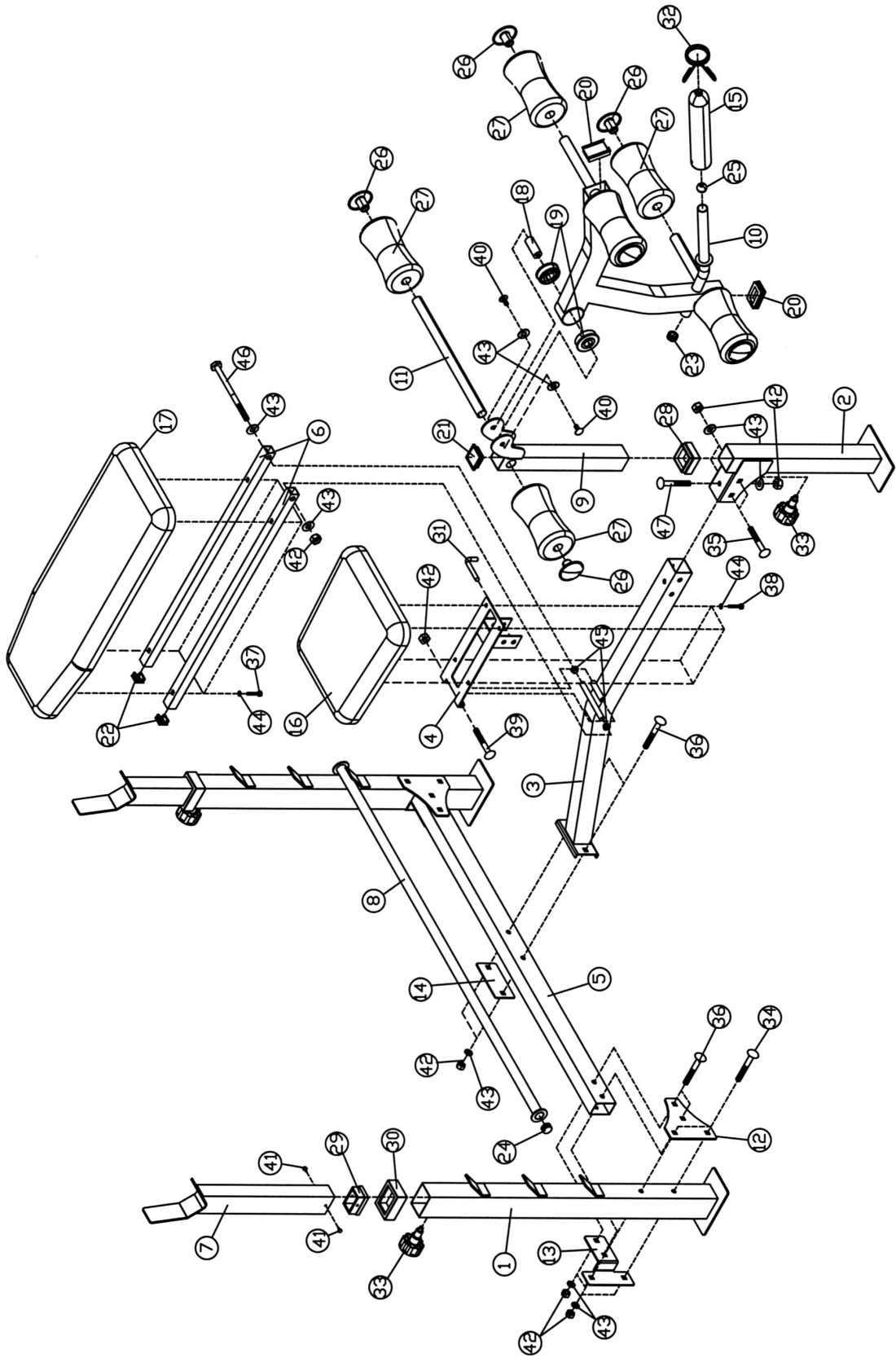
STEP 3 (See Diagram 3)

- A.) Insert the Leg Developer Holder (#9) into the top opening on the Front Stabilizer (#2). Secure it with a Lock Knob (#33).
- B.) Attach the Leg Developer (#10) to the bracket on the Leg Developer Holder (#9). Secure it with an Axle (#18), two $\varnothing \frac{3}{4}$ " Washers (#43), and two M10 x 5/8" Allen Bolts (#40). Insert one Foam Roll Tube (#11) halfway through the hole on the Leg Developer Holder (#9). Insert two Foam Roll Tubes (#11) halfway through the holes on the Leg Developer (#10). Push six Foam Rolls (#27) onto the Tubes from both sides. Plug six Foam Roll End Caps (#26) into the ends.
- C.) Slide the Olympic Sleeve (#15) onto the weight post on the Leg Developer (#10). Attach a Spring Clip (#32) onto the Olympic Sleeve. NOTE: When using the decline position to do Ab exercise, place at least 30lbs of weights on the post to hold down the Leg Developer.

DIAGRAM 3



EXPLODED DIAGRAM



PARTS LIST

KEY NO.	DESCRIPTION	Q'ty
1	Rear Upright Beam	2
2	Front Stabilizer	1
3	Main Seat Support	1
4	Seat Bracket	2
5	Cross Brace	2
6	Backrest Support	2
7	Crutch	2
8	Backrest Adjustment Bar	1
9	Leg Developer Holder	1
10	Leg Developer	1
11	Foam Roll Tube	3
12	Triangle Bracket	2
13	Bent Bracket	2
14	Bracket	1
15	Olympic Sleeve	1
16	Seat Pad	1
17	Backrest Board	1
18	Axle	1
19	Leg Developer Bushing	2
20	2 3/8" End Cap	2
21	1 3/4" Square End Cap	1
22	1" Square End Cap	2
23	Ø 1" End Cap	1
24	Ø 1 1/8" End Cap	2
25	Ø 1" Cone-shaped Cap	1
26	Foam Roll End Cap	6
27	Foam Roll	6
28	2" Leg Developer Holder Sleeve	1
29	Inner Cap	2
30	3" Sleeve	2
31	L-shaped Pin	1
32	Spring Clip	1
33	Lock Knob	3
34	M10 x 3 1/2" Carriage Bolt	4
35	M10 x 2 3/4" Carriage Bolt	2
36	M10 x 2 3/8" Carriage Bolt	6
37	M6 x 1 3/8" Philips Head Screw	4
38	M6 x 5/8" Philips Head Screw	4
39	M10 x 4 3/4" Allen Bolt	1
40	M10 x 5/8" Allen Bolt	2
41	3/8" Philips Head Screw	4
42	M10 Aircraft Nut	14
43	Ø 3/4" Washer	16
44	Ø 1/2" Washer	8
45	Bushing	2
46	M10 x 7 1/4" Hex Bolt	1
47	M10 x 2 1/2" Carriage Bolt	1

IMPEX INC.

LIMITED WARRANTY

IMPEX Inc. ("IMPEX") warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of two years on the Frame from the date of purchase. This warranty extends only to the original purchaser. IMPEX's obligation under this Warranty is limited to replacing or repairing, at IMPEX's option.

All returns must be pre-authorized by IMPEX. Pre-authorization may be obtained by calling IMPEX Customer Service Department at 1-800-999-8899. All freights on products returned to IMPEX must be prepaid by the customer. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an IMPEX authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by IMPEX.

IMPEX is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or other damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyments or use, costs of removal, installation or other consequential damages or whatsoever natures. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal right. You may also have other rights which vary from state to state. **Register on-line at www.impex-fitness.com**

**IMPEX INC.
14777 Don Julian
City of Industry, CA 91746**

ORDERING REPLACEMENT PARTS

Replacement parts can be ordered by calling our Customer Service Department toll-free at **1-800-999-8899** during our regular business hours: Monday through Friday, 9 am until 5 pm Pacific standard time.

info@impex-fitness.com

When ordering replacement parts, always give the following information.

1. Model
2. Description of Parts
3. Part Number
4. Date of Purchase